

# TODAY'S WOMAN

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## Little girl's non-smoking message comes from the heart

by NINA FROST

Megan Stephenson's "Bag Your Habit" message, "It's your choice: don't make the wrong one," comes from the heart. She has been concerned about getting several of her family members to stop smoking for a long time. "I'm trying to get them to quit." Her efforts, however, have been in vain. She hopes someday they will quit.

Though she's only ten, Megan has some very strong feelings against smoking, "I hate it."

This past school year COMMIT a local organization that helps people stop smoking, Doctors Ought to Care (DOC), and Hy-Vee gave kids like Megan a chance to express how they felt about smoking. Over 2000 fourth graders were visited by 11 members of DOC. They taught the children about the damaging effects of smoking on the human body.



MEGAN STEPHENSON

After their talk the doctors asked the students to enter the "Bag Your Habit" design contest. The kids drew no-smoking pictures and messages on Hy-Vee grocery sacks. There were 550 entries.

Megan knew smoking was a very bad habit. She learned how harmful cigarettes are when the DOC member spoke to her class at Nixon Elementary.

"He showed us pictures of lungs after 15 or more years of smoking — the lungs were black and full of holes," says Megan.

She is especially concerned about what it does to people. "If it didn't do anything to people, it wouldn't be so bad."

Diane, Megan's mother, thought it was "wonderful and exciting" that her daughter's design/message won grand prize. Megan, who has never won anything before, says, "It's pretty neat!"

She's pleased she had a chance to express her no-smoking message. "I just wanted to say: 'You can make a good choice and just not smoke.'"

Megan's design and message was chosen as the grand prize winner because "She captured the COMMIT/DOC message in her slogan. The judges really liked her design too," says Aleena Erickson, Executive Director of COMMIT.

You can see Megan's design and seven other winning designs on billboards around town.

Megan's "Bag Your Habit" design will also appear on Hy-Vee grocery sacks during the months of July and August.

## Education defined as weapon

The Minister of Education in Zimbabwe stated in a radio interview that education in her country is defined as "a weapon we need to defend us against oppression." In the ten years the new government has been in power, more money has been spent on education than has been allocated for the defense budget.



--Photo by Michael P. Harker

Catherine McAuley Center for Women staff and volunteers meet for a planning session in the childrens' play area at the Center. From left; Barb O'Donahue, literacy assistant, Nita Hoffman, student and volunteer, Julie Brown, literacy coordinator and Joyce Klimek, director.

## McAuley Center offers help for women in need

By MICHELLE HOWE

Do you know a woman who is looking for self-improvement and encouragement through better education? Maybe you know a friend who is homeless or seeking transitional housing.

If so, there is an organization in Cedar Rapids, that can and wants to help. Founded by the Sisters of Mercy in Cedar Rapids, the Catherine McAuley Center for Women, Inc., first opened its doors on September 1,

## HACAP taking applications for Head Start

HACAP's Head Start Program is now taking applications for the 1990-91 school year which begins in September.

HACAP's Head Start Program provides developmental preschool experience for children who are between the ages of 3 and not yet 5 by September 15.

The program is designed to assist parents in the task of teaching their own children. To be eligible, family income must be within the federal guidelines. Special consideration will be given to pre-kindergarten and handicapped children.

Head Start offers families a choice of three programs:

1 Center Based - Children attend classes at a Head Start Center four days a week. A Head Start teacher goes into the home periodically with education materials to share with parent and child.

2 REACH Home Based - Children receive one educational home visit per week and attend class once a week.

3 Full Day - Children attend Monday through Friday on a 12 month basis. Full Day services are available in Iowa City, Cedar Rapids, Williamsburg, Anamosa and Washington.

Contact your local HACAP center for assistance in completing your application.

1989. The Center is named after the original founder of the Sisters of Mercy, who formed the group in Dublin, Ireland in 1831, for the purpose of serving the sick, poor and homeless.

The Center is funded by a grant from the Hall Foundation, and the building and utilities both were donated by Mercy Hospital. It is run as a non-profit, non-denominational organization with a Board of Directors and a full-time staff Director.

Interest in the Center began when the Sisters of Mercy did a survey to find out the biggest needs among women in the area. The answer: day care and education.

So, when the Center opened with the Literacy Program, they built in a day care service with it. Students can receive free tutoring and study for their GED while having their children cared for in the same building.

Director Joyce Klimek says that the Center has served over 60 women with a wide age range from young mothers to women in their 60's. Most of the students come once a week, but they can set their own pace. Currently, the Center has 30 active students and averages 15-20 children a week in day care. The Center had their first student receive her GED degree in May.

Our philosophy is to "empower women to take control of their life," says Klimek. "Really what this is about is women helping women." There are some men who volunteer their service, but the majority are women.

Klimek says that "A prime motivator of these women is to give their kids a better life."

With the success of the Literacy Program, a Housing Program was begun in December. Housing and support services are available to six single adult women for a transitional period of up to two years. In this environment, the women are encouraged to live independently in social, financial and emotional aspects.

"The women we help have usually been victims of some form of childhood abuse, says Klimek, and bought

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Joyce Klimek is the Director for the Catherine McAuley Center for Women. The Center has served over 60 women, helping them take control over their lives. --Photo by Michael P. Harker

## All Programs run by volunteers

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into the role of the traditional woman. We have to help each other in order to get our rightful share," she adds.

Finally, in January, a third program for Wellness was begun. Klimek stresses that this is more than just an exercise program, with workshops on nutrition education before a workout. The philosophy behind the Wellness Program is that taking control of the body can be the first step to taking control of your life.

The Wellness Program has had more trouble getting of the ground, however. Lack of good equipment, especially good shoes has been a problem. For many, this is not something for which they can afford to spend

\$50. "We do have a weight counselor, but we also need volunteers to run the programs," says Klimek.

All the programs at the Center are literally run by volunteers - over 120 of them. Of course, the more volunteers, the more number of women can be served. Mrs. Klimek says, "The people are here because they want to be, and you can feel the positive atmosphere."

"Our Board of Directors is a delight to work with because they get stuff done," Klimek says. "The community has blended and integrated together well to bring the Center about."

"I can't think of anything I'd rather be doing right now," she adds.

## Thinking of going back?

### Invest in yourself at Coe

Whether you're working toward a degree or interested in just one or two courses, Coe College can help you continue your education. Coe offers convenient daytime and evening classes, hassle-free admissions procedures and special orientation activities designed to make your return to college more comfortable.

Fall classes at Coe begin Sept. 4. In addition to daytime courses in more than 30 different fields, evening classes are also available. Special tuition rates are available to students 25 years of age and older.

For more information on the continuing education program at Coe College, call Pat Morgan, director of continuing education, at 399-8500.

Make an investment in yourself. Enroll in Coe's Fall term. Classes begin Sept. 4.

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### A sampling of fall courses

In addition to daytime courses in more than 30 different fields, Coe has evening classes in business, computer science, history and psychology. Here's a look at some of the courses offered:

#### Arts & Humanities

Shakespeare I • Elementary and Intermediate German • East Europe Since 1914 • D. H. Lawrence seminar.

#### Social Sciences

Morality and Moral Controversy • American National Government and Politics • Social Psychology • Introduction to Sociology.

#### Mathematics and Computer Science

Calculus I • Pascal I • Data Structure • Special Topics in Computer Science.

#### Business Administration and Economics

Principles of Accounting • Business Law • Principles of Economics • Intermediate Price Theory

# IF YOU'RE NOT RECYCLING YOU'RE THROWING IT ALL AWAY.<sup>SM</sup>

A little reminder from the Environmental Defense Fund that if you're not recycling, you're throwing away a lot more than just your trash.

You and your community can recycle. Write the Environmental Defense Fund at: EDF-Recycling, 257 Park Avenue South, New York, NY 10010, for a free brochure that will tell you virtually everything you need to know about recycling.



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## Out of this world . . .

You are invited to attend Mount Mercy College cultural and fine arts activities this year. In addition to the events listed below are an impressive collection of exhibits at McAuley Art Gallery and the outstanding Film Series with foreign and classic films shown each Wednesday that classes are in session, 7:30 p.m., McRaith Auditorium. Plays, concerts and student art exhibits will also be held.

### Cultural Affairs

events are free and open to the public

Dr. Donald Gurnett, 1989 Distinguished Iowa Scientist, University of Iowa Physics Department, "The Voyager Exploration of the Outer Planets," Lecture/Slide Presentation, McAuley Aud., Sunday, September 23, 2 p.m.

Brass Ensemble, Warde Chapel, Thursday, October 11, 7:30 p.m.

Czeslaw Milosz, Polish Nobel Poet, McAuley Aud., Monday, November 5, 7:30 p.m.

"American Nervousness", Multimedia Event by The Drawing Legion, McAuley Aud., Thursday, Friday, Saturday, November 15, 16, 17, 8 p.m.

Musica Antiqua, Warde Chapel, Monday, April 29, 7:30 p.m.

Cultural Affairs and Film Series posters are available by calling 319/363-8213, ext. 203.



**MOUNT MERCY COLLEGE**

1330 Elmhurst Drive NE 363-8213